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ABSTRACT BOOK

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STRESS RESISTANCE ASSESSMENT AS A BASIS OF STUDENTS' PRIMARY PREVENTION THAT RECEIVED LEARNING STRESS

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Introduction: Given the recent developments in the world related to the COVID-19 pandemic the preservation of the ability of employees whose work is associated with a risk to life and the primary prevention of violations in their functional status is the key to maintain a staff in the areas of health care. It's associated with extreme working conditions with a risk to both physical and mental health, which causes the occurrence of occupational diseases, the development of occupational deformation, and affects the reduction of professional longevity of the employee. Stress resistance plays an important role as a basic mechanism of protection against stressful situations and their negative effects on human health and human workability. The assessment of stress resistance is the basis of primary prevention for employees it associates whose work with constant psycho-emotional stress.

The aim: Stress resistance assessment of medical students to develop recommendations for primary prevention of extreme acting workers in the detection of disorders in their functional status.

Materials and methods: We conducted the study using the software and hardware complex "Psycholot-1" in which medical students examine by the methods of "Pendulum", "Individual Strategy" and by the test "Adaptability". The study involved 42 medical students from 18 to 27 years, in which the sample size ratio of negative/positive groups is one. The estimated sensitivity and specificity is 70%, error 20%, the level of significant difference $p = 0.05$ at a power of 80 %.

Results: Spearman's rank correlation index was calculated when analyzing the relationship between the values of the number of hits to zero (X_1) in the reaction's study to a moving object (method "Pendulum") and the number of points (X_2) scored during the determination of risk predisposition (method "Individual strategy"). The value of the correlation coefficient is $\rho = 0.339$ (statistically significantly different from zero, $p = 0.0244$). During the analysis of the relationship between X_1 and neuropsychological stability (X_3), Spearman's rank correlation index was calculated. The value of the correlation coefficient is $\rho = -0.385$ (statistically significantly different from zero, $p = 0.0118$).

Conclusion: The results show a positive correlation between the values of the number of hits to zero (X_1) and the number of points (X_2) ($\rho = 0.339$, $p = 0.0244$) an increase in scores is accompanied by an increase in hits to zero in the reaction's study to a moving object. A negative correlation between X_1 and neuropsychological stability (X_3) ($\rho = -0.385$, $p = 0.0118$) was revealed, namely an increase in hits to zero characterizes the decrease in neuropsychological stability of a person for hyper-concentration at tension. The data got to show that to increase a person's stress resistance it's necessary to improve the results of the nervous processes balance which can be achieved by performing physical exercises (for example, CrossFit) and applying coping strategies.

KEY WORDS: stress resistance, professional longevity, functional status, prevention.

HYGIENIC ASPECTS OF SUBSTANTIATION OF CONCEPTUAL BASES OF DEVELOPMENT OF SYSTEM OF PUBLIC HEALTH CARE OF UKRAINE

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Introduction: Having signed in the of 2014 a package of documents on the Association with the EU, Ukraine has undertaken a number of political and socio-economic commitments. Among them, there is one concerning the creation of a new National Healthcare System based on the organization of public health, which is primarily rooted in the principles of preventive medicine and aims at averting diseases, prolonging active life and strengthening human health as a prerequisite of the sustainable development and economic growth.

The aim of the work was to develop a scientific basis for improving the ways of building a national public health system based on the hygienic principles of prevention priority.

Materials and methods: During the observation period (2007-2017), samples of atmospheric air, from Rivne, 4 district centers and 5 rural districts; water supply facilities (centralized and decentralized); industrial facilities were studied to determine the volume and classes of industrial waste and their impact on soil pollution. To study the prevalence and morbidity of the population of Rivne region, medical cards were selected and statistical reports of city and district health departments were analyzed. As a result, in the process of work, the researchers used the following methods: analytical, epidemiological, medico-statistical, hygienic diagnostic, comparative and systematic approach.

Results: On the basis of generalization of data of full-scale experiment on studying of a condition of environment, definition of correlations with indicators of prevalence and morbidity of the population of the Rivne area on the one hand, and theoretical consideration of real administrative decisions on public health, existing normative-methodical documents and legislative acts – on the other hand, the conceptual scheme of development of the domestic system of public health care on hygienic principles of prevention is developed and substantiated.